

If you are not ordering a Meal Plan but wish your child to receive a gluten-free or lactose-free meal, contact Chef Selma at chefselma@tehiyah.org 24 hours in advance of the preferred lunch.

** Egg-free options are also available for some meals but not as a separate meal plan. Egg-free options can also be ordered 24 hours in advance of the preferred lunch.

Day	Date		Extra Main Course Option Available	Lactose Free Option Available	Gluten Free Option Available	Egg Free Option Available **
Wednesday	February 1, 2012	BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit	x	x	x	
Thursday	February 2, 2012	Lasagna with a Salad, Garlic or Sourdough Baguette (alternating), and a Dessert				
Friday	February 3, 2012	Bagel Lunch Day - Remember to order or bring lunch from home!				
Shabbat	February 4, 2012					
Sunday	February 5, 2012					
Monday	February 6, 2012	Fish Sticks, Vegetable of the Day, Mashed Potatos, Salad and Fresh Fruit		x		
Tuesday	February 7, 2012	Parmesan Potato Gratin, Vegetable of the Day, Salad and a Dessert			x	
Wednesday	February 8, 2012	BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit	x	x	x	
Thursday	February 9, 2012	Lasagna with a Salad, Garlic or Sourdough Baguette (alternating), and a Dessert		x	x	**
Friday	February 10, 2012	Corn Quesadilla, Fresh Salsa, Sour Cream, Beans & Rice and Fresh Fruit	x	x	x	**
Shabbat	February 11, 2012					
Sunday	February 12, 2012					
Monday	February 13, 2012	Burritos with a Choice of: Refried Beans, Spanish Rice, Cheese, Salsa Fresca, Sour Cream, Salad and Fresh Fruit		x		**
Tuesday	February 14, 2012	Falafel, Pita, Hummus, Israeli Salad, Fresh Fruit		x	x	**
Wednesday	February 15, 2012	BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit	x	x	x	
Thursday	February 16, 2012	Sun Dried Tomato Pesto, Salad Bar, Garlic or Sourdough Baguette and a Dessert		x	x	**
Friday	February 17, 2012	Focaccia Bread Pizza, Salad Bar and Fresh Fruit	x	x	x	**
Shabbat	February 18, 2012					
Sunday	February 19, 2012					
Monday	February 20, 2012	Presidents Day				
Tuesday	February 21, 2012	Polenta Croquettes with Tomato Sauce, Rice & Beans, Salad		x		
Wednesday	February 22, 2012	BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit	x	x	x	
Thursday	February 23, 2012	Pasta Primavera, Garlic or Sourdough Baguette (alternating) , Salad, Fresh Fruit		x	x	**
Friday	February 24, 2012	Split Pea Soup with Focatia Bread, Salad and Fresh Fruit		x	x	**
Shabbat	February 25, 2012					
Sunday	February 26, 2012					
Monday	February 27, 2012	Vegetarian Chili, Grated Cheese , Brown Rice, Cornbread, Salad and Fresh Fruit		x	x	**
Tuesday	February 28, 2012	Potato Borekas, Israeli Couscous, Tomato Salad and a Dessert	x	x		**
Wednesday	February 29, 2012	BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit	x	x	x	
Thursday	March 1, 2012	Pasta Marinara, Vegetable of the Day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert		x	x	**
Friday	March 2, 2012	Bagel Lunch Day - Remember to order or bring lunch from home!				
Shabbat	March 3, 2012					
Sunday	March 4, 2012					
Monday	March 5, 2012	Professional Day				
Tuesday	March 6, 2012	Cheese Tamales with Black beans, Fresh Salsa, Salad and Fresh Fruit		x	x	**
Wednesday	March 7, 2012	BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit	x	x	x	
Thursday	March 8, 2012	Pasta Alfredo, Vegetable of the Day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert		x	x	**
Friday	March 9, 2012	Tuna Salad Sandwich, Potato Chips, Salad and Fresh Fruit	x	x	x	
Shabbat	March 10, 2012					
Sunday	March 11, 2012					
Monday	March 12, 2012	Shepherd's Pie "Meat Crumbles", Corn & Mashed Potatoes, Vegetable of the Day, Salad and Fresh Fruit		x	x	**
Tuesday	March 13, 2012	Falafel, Pita, Hummus, Israeli Salad, Fresh Fruit		x	x	**
Wednesday	March 14, 2012	BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit	x	x	x	
Thursday	March 15, 2012	Three Cheese Cannelloni, Fluffy Biscuit, Salad Bar and Fresh Fruit		x	x	**

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Friday	March 16, 2012	Minestrone Soup, Parmesan Cheese Biscuit, Salad and Fresh Fruit		x	x	
Shabbat	March 17, 2012					
Sunday	March 18, 2012					
Monday	March 19, 2012	Baked Potato with a Selection of Toppings, Salad and Fresh Fruit		x	x	**
Tuesday	March 20, 2012	Zuccanoes (stuffed Zucchini with Rice and Cheese), Salad Bar and a Dessert		x	x	**
Wednesday	March 21, 2012	BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit	x	x	x	
Thursday	March 22, 2012	PT Conferences No Hot Lunch :(
Friday	March 23, 2012	Bagel Pizza, Salad Bar and Fresh Fruit	x	x	x	
Shabbat	March 24, 2012					
Sunday	March 25, 2012					
Monday	March 26, 2012	Burritos with a Choice of: Refried Beans, Spanish Rice, Cheese, Salsa Fresca, Sour Cream, Salad and Fresh Fruit		x		**
Tuesday	March 27, 2012	Fried Egg Rolls, Bami Goreng (Indonesian Stir Fried Noodles), Asian Style Salad and Fresh Fruit		x		**
Wednesday	March 28, 2012	BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit		x	x	
Thursday	March 29, 2012	Pasta Mediterranea, Salad, Garlic or Sourdough Baguette (alternating), and Fresh Fruit		x	x	**
Friday	March 30, 2012	Egg Salad Sandwich, Chips, Green Salad and Fresh Fruit	x	x	x	
Shabbat	March 31, 2012					
Sunday	April 1, 2012					
Monday	April 2, 2012	Corn Tacos with "Meat" Crumbles, Refried Beans, Spanish Rice, Fresh Salsa, Sour Cream and Fresh Fruit		x	x	**
Tuesday	April 3, 2012	Tofu Nuggets with Orzo Pilaf, Salad and Fresh Fruit		x		
Wednesday	April 4, 2012	BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit	x	x	x	
Thursday	April 5, 2012	Matzo Ball Soup, Green Salad, Banana Bread		x	x	
Friday	April 6, 2012	Passover				
Shabbat	April 7, 2012					
Sunday	April 8, 2012					
Monday	April 9, 2012					
Tuesday	April 10, 2012					
Wednesday	April 11, 2012					
Thursday	April 12, 2012					
Friday	April 13, 2012					
Shabbat	April 14, 2012					
Sunday	April 15, 2012					
Monday	April 16, 2012	Breakfast Burrito with a choice of: Scrambled Eggs and/or Cheese. Tater Tots, Salad and Fresh Fruit		x		
Tuesday	April 17, 2012	Cheese Borekas, Israeli Couscous, Tomato Salad and Fresh Fruit	x	x		**
Wednesday	April 18, 2012	BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit		x	x	
Thursday	April 19, 2012	Mac & Cheese, Vegetable of the day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert		x	x	**
Friday	April 20, 2012	Bagel Lunch Day - Remember to order or bring lunch from home!				
Shabbat	April 21, 2012					
Sunday	April 22, 2012					
Monday	April 23, 2012	Three Bean Tamale Pie, Sour Cream, Fresh Salsa, Salad and Fresh Fruit		x	x	**
Tuesday	April 24, 2012	Zuccanoes (stuffed Zucchini with Rice and Cheese), Salad Bar and a Dessert		x	x	**
Wednesday	April 25, 2012	BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit	x	x	x	
Thursday	April 26, 2012	Falafel, Pita, Hummus, Israeli Salad, Fresh Fruit		x	x	**
Friday	April 27, 2012	French Bread Pizza, Salad Bar, Fresh Fruit	x	x	x	**
Shabbat	April 28, 2012					

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Sunday	April 29, 2012					
Monday	April 30, 2012	Fish Sticks, Vegetable of the Day, Mashed Potatos, Salad and Fresh Fruit		X		
Tuesday	May 1, 2012	Vegetarian Enchiladas with Spanish Rice, Salad and Fresh Fruit		X	X	**
Wednesday	May 2, 2012	BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit	X	X	X	
Thursday	May 3, 2012	Pasta Marinara, Vegetable of the Day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert		X	X	**
Friday	May 4, 2012	Quesadilla (Flour), Spanish Rice, Fresh Salsa, Sour Cream, Salad and Fresh Fruit	X	X	X	**
Shabbat	May 5, 2012					
Sunday	May 6, 2012					
Monday	May 7, 2012	Shepherd's Pie "Meat Crumbles", Corn & Mashed Potatoes, Vegetable of the Day, Salad and Fresh Fruit		X	X	**
Tuesday	May 8, 2012	Potato Borekas, Israeli Couscous, Tomato Salad and a Dessert	X	X		**
Wednesday	May 9, 2012	BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit	X	X	X	
Thursday	May 10, 2012	Pasta Alfredo, Vegetable of the Day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert		X	X	**
Friday	May 11, 2012	Free Falafel Lunch for everyone				
Shabbat	May 12, 2012					
Sunday	May 13, 2012					
Monday	May 14, 2012	Parmesan Potato Wedges, Vegetable of the Day, Salad and Fresh Fruit		X	X	**
Tuesday	May 15, 2012	Ricotta Cheese Patties, Vegetable Curry, Rice and Fresh Fruit			X	**
Wednesday	May 16, 2012	BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit	X	X	X	
Thursday	May 17, 2012	Pesto Pasta, Salad, Fluffy Biscuit and a Dessert		X	X	**
Friday	May 18, 2012	Bagel Lunch Day - Remember to order or bring lunch from home!				
Shabbat	May 19, 2012					
Sunday	May 20, 2012					
Monday	May 21, 2012	Shakshouka (eggs cooked in tomato sauce) with Pita Bread, Couscous, Salad and Fresh Fruit		X	X	
Tuesday	May 22, 2012	Falafel, Pita, Hummus, Israeli Salad, Fresh Fruit		X	X	**
Wednesday	May 23, 2012	BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit	X	X	X	
Thursday	May 24, 2012	Lasagna with a Salad, Garlic or Sourdough Baguette (alternating), and a Dessert		X	X	
Friday	May 25, 2012	Focaccia Bread Pizza, Salad Bar and Fresh Fruit	X	X	X	**
Shabbat	May 26, 2012					
Sunday	May 27, 2012					
Monday	May 28, 2012	Memorial Day				
Tuesday	May 29, 2012	Vegetarian Chili, Grated Cheese , Brown Rice, Cornbread, Salad and Fresh Fruit		X	X	**
Wednesday	May 30, 2012	BBQ Day - Meat or Veggie Burgers with a Selection of Toppings, Baked Potato Wedges, Salad & Fresh Fruit	X	X	X	
Thursday	May 31, 2012	Mac & Cheese, Vegetable of the day, Garlic or Sourdough Baguette (alternating), Salad and a Dessert		X	X	**
Friday	June 1, 2012	Bagel Lunch Day - Remember to order or bring lunch from home!				
Shabbat	June 2, 2012					
Sunday	June 3, 2012					
Monday	June 4, 2012	Sweet Potato Samosas (in Filodough), Curried Rice, Raita (Cucumber and Yogurt Dip) Salad and Fresh Fruit		X		**
Tuesday	June 5, 2012	Parmesan Potato Gratin, Vegetable of the Day, Salad and a Dessert		X	X	
Wednesday	June 6, 2012	BBQ Day - Meat or Veggie Hot Dog with Chili or BBQ Baked Beans (alternating), Salad & Fresh Fruit	X	X	X	
Thursday	June 7, 2012	Spaghetti Bolognese, Vegetable of the Day, Salad, Fluffy Biscuit and Fresh Fruit		X	X	**
Friday	June 8, 2012	Creamy Tomato Soup, Cheesy Cornbread Muffin and Fresh Fruit		X		**
Shabbat	June 9, 2012					
Sunday	June 10, 2012					
Monday	June 11, 2012	Burritos with a Choice of: Refried Beans, Spanish Rice, Cheese, Salsa Fresca, Sour Cream, Salad and Fresh Fruit		X		**

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Tuesday	June 12, 2012	Cheese Borekas, Israeli Couscous, Tomato Salad and Fresh Fruit	x	x		**
Wednesday	June 13, 2012	Falafel, Pita, Hummus, Israeli Salad, with surprise dessert		x	x	**